



West Jesmond Primary School Physical Education – Curriculum Overview 2025/26

In consultation with



Year		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Coaches
Rec		Kicking, patting and hitting	Yoga: Strength and Posture	Gymnastics	Throwing, Catching and Ball Skills	Dance	Athletics and Games	
Y1	In	FUNDamentals PE Assessment	FUNDamentals Throwing and catching	Gymnastics	Yoga: Strength and Posture	Dance	FUNDamentals PE Assessment	
	Out	Teambuilding/ Problem Solving	Ball Skills: Dribbling and Control	Invasion Game Skills	Net & Wall Skills	Striking & Fielding Skills	Athletics	
Y2	In	FUNDamentals PE Assessment	Net & Wall: Tennis	Dance	FUNDamentals: Throwing and Catching	Gymnastics	FUNDamentals PE Assessment	Tennis
	Out	Teambuilding/ Problem Solving	Ball Skills: Dribbling and Control	Invasion Game Skills	Invasion Games: Attacking & Defending	Striking & Fielding Skills	Athletics	
Y3	In	FUNDamentals	Netball	Gymnastics	FUNDamentals	Dance	Handball	
	Out	OAA	Invasion Games: Tactics	Tag Rugby	Tennis	Cricket	Athletics	
Y4	In	FUNDamentals	Invasion Games: Attacking & Defending	Gymnastics	FUNDamentals	Dance	Swimming (throughout the year)	Swimming
	Out	Football	Tag Rugby	Hockey	Tennis	Rounders	Athletics	
Y5	In	Squash/Badminton	Gymnastics	Dance	Fitness	Handball	FUNDamentals	Dance Workshop Squash
	Out	Netball	OAA	Tag Rugby	Tennis	Cricket	Athletics	
Y6	In	Athletics (Sportshall athletics prep)	Gymnastics	Dance	FUNDamentals	Volleyball	Swimming (throughout the year)	Dance Workshop Swimming
	Out	Football	Netball	Basketball	Hockey	Rounders	Athletics	

Curriculum Coverage of Concepts

Invasion Games	<ul style="list-style-type: none"> ● Negotiating Space (Reception) ● Ball Skills: dribbling and control (Years 1 and 2) ● Invasion Game Skills (Years Reception, 1 and 2) ● Invasion Games: Tactics (Year 3) ● Invasion Games: Attacking and Defending (Years 2 and 4) ● Football (Years 4 and 6) ● Tag rugby (Years 3, 4 and 5) ● Hockey (Years 4 and 6) ● Netball (Years 3, 5 and 6) ● Handball (Years 3 and 5) ● Basketball (Year 6)
Net and Wall	<ul style="list-style-type: none"> ● Net and Wall Skills (Year 1) ● Tennis (Years 2, 3, 4 and 5) ● Volleyball (Year 6) ● Squash/Badminton (Year 5)
Striking and Fielding	<ul style="list-style-type: none"> ● Striking and Fielding Skills (Years 1 and 2) ● Cricket (Years 3 and 5) ● Rounders (Years 4 and 6)
Outdoor and Adventurous	<ul style="list-style-type: none"> ● Teambuilding/Problem Solving (Years 1 and 2) ● OAA/orienteering (Years 3 and 5) ● Residential (Years 4 and 6)

Artistic	<ul style="list-style-type: none">• Dance (Years Reception, 1, 2, 3, 4, 5 and 6)• Gymnastics (Years Reception, 1, 2, 3, 4, 5 and 6)• Yoga (Years Reception and 1)
Fundamentals	<ul style="list-style-type: none">• FUNdamentals - movement skills (Years Reception, 1, 2, 3, 4, 5 and 6)• Throwing, catching and ball skills (Years Reception, 1 and 2)• Athletics (Years Reception, 1, 2, 3, 4, 5 and 6)• Fitness (Year 5)• Ball Skills (Years Reception, 1 and 2)
Swimming	<ul style="list-style-type: none">• Years 4 and 6